



# Glad Day Daily Affirmations: Daily Meditations for Gay, Lesbian, Bisexual, and Transgender People

*Joan Larkin*

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Addressing the needs of lesbian, gay, bisexual, and transgender people, *Glad Day* speaks to the issues that touch everyone, regardless of sexual orientation: change, fear, self-disclosure, faith in a power greater than ourselves, success and failure, openness to ourselves and others. Written with a poet's grace, these daily meditations are interwoven with reference to the transforming experiences of coming out and of recovery. As the meditations foster a "daily conversation with the Spirit," they lovingly conjure the mutual trust and compassion that lead to a rich, fulfilling life.

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